



WATER AEROBICS SEPTEMBER & OCTOBER 2010 GINGER BROWNING, INSTRUCTOR

**September 1, 2, 3
September 7, 8, 9, 10
September 14, 15, 16, 17
September 21, 22, 23, 24
September 28, 29, 30**

**October 1
October 5, 6, 7
October 13, 14, 15
October 19, 20, 21, 22
October 26, 27, 28, 29**

Water aerobics is a great way to get an excellent all-over body work-out. The water acts like a cushion on joints and bones and it is excellent exercise for those with back problems. The program is designed to strengthen and tone leg, back, stomach, and arm muscles and strengthen the heart by raising the heart rate to an aerobic work-out level and maintaining for 30 minutes.

Punch Cards

12 punch	\$45.00
25 punch	\$93.75
or \$5.00/class	

19 day = \$71.25
28 day = \$98.00
33 day = \$107.25

Classes meet at either 6:15 or 7:15 a.m. on Tuesday's and Thursday's and at 7:15 a.m. on Wednesday's and Friday's.